



Food Security Policies and Urban Households' Consumption Patterns in Nigeria: An Analytical Study

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Abstract

Food security policies in Nigeria often focus on rural areas, but urban households also require support to ensure adequate food consumption. The study employed a mixed-methods approach combining secondary data analysis with semi-structured interviews, targeting households from selected cities across Nigeria. Urban households reported a significant reduction (30%) in food expenditure due to government subsidies on staple grains, although there was limited improvement in nutritional diversity. The study highlights the effectiveness of targeted subsidies but also underscores the need for policies that enhance overall household income and nutrition quality. Developing complementary policies such as improving access to microfinance services can help urban households achieve more balanced diets. Nigeria, Urban Households, Food Security Policies, Consumption Patterns

Keywords: *Nigerianization, Urbanization, Poverty, Food Insecurity, Empowerment Studies, Ethnography, Participatory Research*

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